

PLAYGROUND



HEALTH & FITNESS ADVENTURE TRAINING CENTRE

Monday - Friday: 5:30am - 9:00pm
Saturday: 8:00am - 4:00pm

HOME

FITNESS TRAINING

Classes, Timetables & Pricelist
Personal Training
Our Staff

MEMBERSHIP

Pricing
About the Playground
Testimonials

NUTRITION

Balance Bar
Our Promise

COMMUNITY

Supporting our Community

Employment Opportunities

Meet The Playground Staff and Trainers:



Candace Fontana, CFT
Certified Fitness Trainer
Certified Spin Instructor



Daryl Fontana, CFT
Wellness Coach

Tracey Bodger
Front Desk

Steve Burke
Front Desk

Monni Dumas
Trainer

HOURS:

Monday through Thursday:
5:30 am to 9:30 pm

Friday: 5:30 am to 9:00 pm

Saturday: 8 am to 4 pm

Sunday: closed

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